

SARAH FORBES – AUSTRALIAN LACROSSE CHAMPION

Sarah Forbes was born in 1974 and was destined for athletic stardom from an early age, and started with Little Athletics from the age of 8 in Perth where she soon was winning events and setting records. Competing for several clubs over her career in Little Athletics from 1981-1990 she won many state awards and set state records from 70 metres to 400 metres as well as hurdles and javelin. Sarah still holds the record for the Under 10 400 metres and Under 11 100 metres events, some 30 years later. Sarah was a member of the state team from 1987-1990 in the respective age groups and won the W.A. girl athlete of the year award in 1991.



In Sarah's own words "My love of running got me started in lacrosse. I did a lot of track and field, which is a summer sport in Australia and I played field hockey and netball in winter. A friend from track and field said if you want to keep your speed, fitness and endurance up in winter then lacrosse is the game for you. So at the age of about 9 I joined my local club Wembley, in Western Australia, and fell in love with the game! Since then, lacrosse has been such a huge part of my life!"

Sarah played in the Wembley Under 16 from 1983 to 1990, commenced playing senior lacrosse for Wembley in 1987, and playing in her first senior state game for W.A. in 1991. While Sarah missed several years playing for Wembley and W.A. due to playing/coaching in the U.S. (1994-99) and having 2 children (2007 & 2010) she played 260 games in A grade for Wembley and 75 games for W.A. (1991-2012).

"In 1992 I toured the USA with the Australian team, Sascha Newmarch (South Australia) and we were the two youngest on the team. We both met with Cindy Timchal, the head coach of the University of Maryland. The next thing I know, following the 1993 World Cup, in August 1993 I am moving on to campus at College Park where I studied and played for 4 years! Sascha arrived a year later".

Why wasn't Sarah in the 1997 World Cup? "The 1997 World Cup for a reason I am not sure of, was played in April. This was my senior year at UMD and it was finals time. I chose to stay and play for Maryland instead of going to the World Cup and playing for Australia. It was a financial issue at that time as well as wanting to repay UMD for the opportunity and all that they had done for me".

Sarah played 71 games for the University of Maryland Terrapins from 1994-1997 in the National Collegiate Athletic Association (NCAA) Division 1 women's college lacrosse

competition, during which time they won three national championships. She was a three-time All-American and was named the ACC Female Athlete of the Year in 1997. Sarah remained with the Terrapins in 1998-99 as Assistant Coach.

In 2012 Sarah was elected to the Maryland Terrapins Athletics Hall of Fame.

During her 4 years at University of Maryland Sarah completed a Bachelor of Science majoring in marine biology.

As Sarah was the only Western Australian player in the 1993 Australian World Cup team, she trained in South Australia with other Australian team members and played for Seacombe. Sarah stayed with former Australian player and World Cup winning Captain Mary Pickett.

ACHIEVEMENTS

Games Played

Played approximately 60 games for the Australian women's lacrosse team from 1992-2009, approximately 75 games for Western Australia at the Australian Women's Lacrosse Championships, approximately 260 games in A grade for Wembley Lacrosse Club, and 71 games for the University of Maryland Terrapins.

National Representation

1992 U.S. tour playing against U.S. college teams and Team U.S.A.

1993 Women's Lacrosse World Cup in Scotland – bronze medal.

2001 Women's Lacrosse World Cup in England – silver Medal.

2005 Women's Lacrosse World Cup (Captain) in the U.S.A. – gold medal.

2009 Women's Lacrosse World Cup in Czech Republic – silver medal.

Awards (International)

2005 & 2009 Selected in the All-World team following the World Cup (USA & Czech Republic)

2005 Received the Wes Patterson Spirit of Lacrosse Award for the player of the tournament at the Women's Lacrosse World Cup in USA.

Awards (National)

2004, 2008 – 2009 Captain of the Western Australia team in the Australian Women's Lacrosse Championships.

2011 – 2012 Premiership player in the Western Australian team at the Australian Women's Lacrosse Championships.

2012 Selected in the All-Star team following the Australian Women's Lacrosse Championships.

Awards (State)

- 1990, 2000, 2002, 2005 & 2008 Fairest & best women's lacrosse player for the Wembley Lacrosse Club.
- 2006, 2008–2009 & 2011–2012 A grade premiership player for Wembley Lacrosse Club in the Western Australian Women's Lacrosse Association.
- 2006 Finalist in the West Australian ANZ Sports Star of the Year.

Awards (USA)

- 1994 Member of the University of Maryland team which was runner up in the NCAA Women's Lacrosse National Championship.
- 1995 – 1997 Member of the University of Maryland team which was NCAA Women's Lacrosse National Champion.
- 1995 – 1997 Selected in the NCAA All-American women's lacrosse team
- 1996 – 1997 Selected in the NCAA Women's Lacrosse All-Tournament team.
- 1997 National Offensive Player of the Year in the NCAA.
- 1997 Female Athlete of the Year for the Atlantic Coast Conference in the NCAA.
- 2006 Selected in the NCAA 25 year anniversary team of women's lacrosse all-time greats.
- 2012 Inducted in to the University of Maryland Athletics Hall of Fame.
- 2019 Inducted into the US Lacrosse National Hall of Fame

Testimonials

“Sarah was incredibly skilful and strong with great game sense both defensively, in attack and in the centre. A true all-rounder and leader”. (Mary Pickett – former Australian captain)

“Sarah Forbes was an incredibly disciplined and determined athlete. She was relentless in her pursuit of excellence and always led by example, and a true champion in every sense of the word.” (Trish Adams – former Australian player and current coach)

“Sarah Forbes is one of the best players I have ever seen (And been lucky enough to play with.) She was an absolute machine on the lacrosse field with an unparalleled work ethic and intensity level that could change the game. She was a superior athlete and had such a solid read on the play and an uncanny ability to get herself around the ball. Sarah is so incredibly energetic, positive and passionate about lacrosse and has such a natural way of leading and making that contagious among her teammates.” (Jen Adams – former Australian team mate and first Australian U.S.I.L.A. Hall of Fame inductee).

“Sarah had outstanding athletic ability with both speed and a strong physicality. Combined with tremendous skills and a never say die attitude, she was invaluable on the field and one of the best all-round players Australia has produced”. (Judy Thurgood)

Outside of lacrosse Sarah has been a mathematics teacher at various schools in W.A since 2002 to the present.